

How to cast off the Evil-eye with Mustard seeds, Coconut, etc.? (Includes Spiritual analysis of Evil-eye)

Preface

The tradition of applying a dot of *kājal* with the fingertip on a child's face is followed even today. Even today, knowledgeable women who follow traditions perform the ritual of casting off the evil-eye of guests with lemon and salt. We must understand that when traditions are continued and nurtured for centuries, there must certainly be some underlying science.

In today's competitive and materialistic world, most people have personality defects and vices such as jealousy, hatred, hunger for publicity, lecherous behaviour. *Raja-Tama* vibrations generated from these vices unknowingly have a distressing effect on other people subtly. This is what is called as 'getting afflicted by the evil-eye'. Similarly, squabbles within family members, physical ailments, financial difficulties, nightmares, depression and addiction to smoking, drinking, etc. have become a daily scenario. It might appear that 80% of our problems are due to physical reasons, the actual reason is associated with the subtle realm, meaning, distress caused by negative energies. Distress caused by negative energies is also a type of affliction by the evil-eye.

In short, if we want to free our life of difficulties and make it blissful, then adopting this simple homely spiritual remedy of 'casting off the evil-eye' will definitely be beneficial. In today's scientific world, mere mention of the words 'affliction by the evil-eye and casting off the evil-eye' is a subject of ridicule by intellectuals. Today, anything that is explained scientifically is easily believed. Hence, in the three Volumes on the subject of the evil-eye, various aspects such as the process of affliction by the evil-eye, its implications, methods of casting off the evil-eye by using various substances, easy ways to cast off the evil-eye from a child, precautions required while performing this remedy, etc. have been elaborated. Care has been taken to supplement the knowledge with relevant 'Analysis based on subtle knowledge' and 'Pictures based on subtle knowledge' for easier understanding of the points, which otherwise cannot be understood by the reader through physical mediums.

Through *samashṭi sādhanā* (Spiritual practice for the spread of Spirituality), Sanatan's seekers are trying to establish the Divine Rule; whereas, negative energies are trying hard to establish the demoniacal kingdom. Hence, negative energies are harassing Sanatan's seekers greatly in various ways. Seekers have narrated through their spiritual experiences their state before casting off the evil-eye, its effect and the benefits they obtained, which again proves that the remedy of casting off the evil-eye is scientific.

Our earnest prayer unto the Holy feet of Shrī Guru is that after reading this Text, may all realise the importance of casting off the evil-eye, implement it, and thus, remove the covering of distressing vibrations around themselves, and through spiritual practice benefit from the Divine waves in the Universe. - **Compiler**

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